



# Stretch It Out!

## Instructions

- Don't overstretch; stretch only until you feel a gentle tension in the muscle.
- Don't bounce.
- Hold each stretch for at least 5 seconds.
- Continue to breathe evenly throughout the stretch.

Stretching eases the tension in your muscles and joints and can be done anywhere.

During your lunch hour, take a long walk or go to a nearby gym for a workout. You'll feel refreshed when you get back to work.

Consider incorporating a yoga or Pilates class into your fitness routine to get your muscles loose and flexible.

Safety tips brought to you by:  
**M3 Insurance**

## Stretches for the Manufacturing Setting

Manufacturing Setting	
Neck	Stretch Description
Neck	<ul style="list-style-type: none"><li>▪ Lower your ear to your shoulder and then roll your chin onto your chest. Then, roll it up to the other shoulder and back again. Repeat this exercise five times.</li></ul>
Neck	<ul style="list-style-type: none"><li>▪ Turn your head and look over your shoulder. Hold this position for five seconds. Repeat this exercise five times for each side.</li></ul>
Arms & Shoulders	Stretch Description
Shoulder	<ul style="list-style-type: none"><li>▪ Circle your shoulders forward and backward. Repeat this exercise 10 times in each direction</li></ul>
Upper Back & Arm	<ul style="list-style-type: none"><li>▪ Grab your right elbow with your left hand and stretch your arm across your chest. Hold this position for five seconds and switch to your other arm.</li></ul>
Shoulder Stretch	<ul style="list-style-type: none"><li>▪ Move your arms over your head in a climbing motion. Repeat this exercise 10 times for both arms.</li></ul>
Shoulder Shrug	<ul style="list-style-type: none"><li>▪ Inhale and shrug your shoulders to your ears. Hold for five seconds and release.</li></ul>
Upper Back and Chest	Stretch Description
Upper Back Stretch	<ul style="list-style-type: none"><li>▪ Hug your legs with your arms while sitting, allowing your chest to rest on your legs.</li></ul>
Chest Stretch	<ul style="list-style-type: none"><li>▪ Clasp hands behind back. Gently pull arms upward until you feel a stretch in the chest and front of shoulders.</li></ul>
Lower Back	Stretch Description
Spinal Twist	<ul style="list-style-type: none"><li>▪ With toes pointing forward, gently rotate upper torso to the side. Hold. Repeat in opposite direction.</li></ul>
Back extension	<ul style="list-style-type: none"><li>▪ Standing, with your hands supporting your lower back. Then, arch your back slightly for five seconds. Repeat three to five more times.</li></ul>
Low Back	<ul style="list-style-type: none"><li>▪ Lean forward, start with hands on your knees and lower back flat. Tighten abdomen and arch lower back upward (cat stretch). Hold. Repeat</li></ul>
Legs	Stretch Description
Quadriceps	<ul style="list-style-type: none"><li>▪ Grasp one ankle and gently pull upward on the ankle until the knee is pointing directly toward the floor. Hold. Repeat on opposite side.</li></ul>
Hamstring	<ul style="list-style-type: none"><li>▪ Extend one leg with knee straight, heel on floor, and toe extended upward. Bend opposite leg gradually while putting downward pressure on the thigh of the straight leg. Hold. Repeat on opposite side.</li></ul>
Calf Stretch	<ul style="list-style-type: none"><li>▪ While leaning against wall, bend front leg and keep rear leg straight, with rear heel flat on floor</li></ul>